

**Fiscal Year 2004**  
**The Area Agency's Plan For Aging Services (Area Plan)**

<b>Agency:</b>	<b>FAIRFAX AREA AGENCY ON AGING: PSA8C</b>		
<b>Mailing Address:</b>	12011 Government Center Parkway, Suite 708		
<b>Telephone:</b>	(703) 324-5411		
<b>Fax:</b>	(703) 449-8689		
<b>E-Mail:</b>	To Director: <a href="mailto:grace.starbird@fairfaxcounty.gov">grace.starbird@fairfaxcounty.gov</a>		
<b>PSA #:</b>	<u>8C</u>	<b>Counties: FAIRFAX</b>	<b>Cities: City of Fairfax, and City of Falls Church</b>

*Amending the Fourth Year of the Area Plan:  
October 1, 2003 through September 30, 2004*  
**Virginia Department for the Aging**

	<b>TABLE OF CONTENTS</b>	<b>PG #</b>
	Title Page	1
	Table of Contents	2
<b>SECTION A</b>	<b>AREA PLAN</b>	
	Area Plan for Aging Services	3
<b>PART I</b>	<b>ORGANIZATION OF THE AREA AGENCY ON AGING</b>	3
	Governing Board	4
	Advisory Council	5
	Organizational Chart	6
	Staffing	7
<b>PART II</b>	<b>TITLE III OBJECTIVES AND STRATEGIES</b>	8
	Demographic Profile of the Planning and Service Area	8
	Targeting Objectives	9
	Services to be Provided	10
<b>PART III</b>	<b>TITLE III SERVICES PROVIDED</b>	12
	Group 1: III-B, In Home Services	12
	Group 2: III-B, Access Services	16
	Group 3: III-B, Legal Assistance	18
	Group 4: III-B, Client Services	19
	III-B Priority Services Spending: FY 2004	25
	Group 5: III-C, Nutrition Services and Delivery	26
	(Delivery Sites for Group Services)	29
	Group 6: III-D, Disease Prevention Services	33
	Group 7: III-E, National Family Caregiver Support Program	34
<b>PART IV</b>	<b>TITLE VII OBJECTIVES AND STRATEGIES</b>	46
	Ombudsman Program Objectives: FY 2004	46
	Group 8: VII, Elder Rights	47
<b>PART V</b>	<b>ASSURANCES</b>	49
	Assurances of Compliance	49
<b>SECTION B</b>	<b>CARE COORDINATION</b>	56
<b>SECTION C</b>	<b>RESPITE</b>	57
	<b>WAIVERS (see separate document)</b>	
	<b>AREA PLAN – BUDGET (see separate document)</b>	

## SECTION A: AREA PLAN

This Area Plan for Aging Services describes the scope of services to be provided by the Area Agency on Aging with funding from the Department for the Aging. It reflects a planning process based on the basic demographic characteristics of the older population and an assessment of their needs. The Area Agency on Aging submits the Plan to the Virginia Department for the Aging for review and approval.

The Plan describes the management and administration, service systems development, service delivery, and advocacy activities of the Area Agency on Aging during the Plan period. These activities address one or more of the national goals of the Older Americans Act:

- To secure and maintain maximum independence and dignity in a home environment for older individuals capable of self care with appropriate supportive services.
- To remove individual and social barriers to economic and personal independence for older individuals.
- To provide a continuum of care for the vulnerable elderly.

## PART I: ORGANIZATION OF THE AREA AGENCY ON AGING

An Area Agency on Aging is a public or private nonprofit agency created pursuant to the Older Americans Act, which is designated by contract with the Virginia Department for the Aging to develop and administer the Area Plan, as approved, for a comprehensive and coordinated system of services for older persons.

The Older Americans Act intends that the Area Agency on Aging shall be the leader relative to all aging issues on behalf of older persons in the Planning and Service Area. Accordingly, the Area Agency carries out a wide range of functions designed to lead to the development or enhancement of comprehensive and coordinated community-based systems in, or serving, each community in the Planning and Service Area. The elements of each such system are (1) visible focal points, (2) a range of accessible service options, (3) commitment of resources, (4) collaborative decision-making among older persons and organizations, (5) special help or targeted resources for the most vulnerable, (6) effective referral from agency to agency, and (7) sufficient flexibility to respond to individual needs.

The \_\_\_Fairfax Area Agency on Aging (PSA8C) \_\_\_\_\_ is a  
(complete legal name of the agency)

- ☒ local government,  
\_\_\_\_ private nonprofit organization incorporated under the laws of Virginia,  
\_\_\_\_ joint exercise of powers organized pursuant to §15.2-1300 of the Code of  
\_\_\_\_ Virginia, or  
\_\_\_\_ multipurpose agency.

**GOVERNING BOARD:** The Area Agency on Aging is directed “by leaders in the community who have the respect, capacity and authority necessary to convene all interested persons, assess needs, design solutions, track overall success, stimulate change and plan community responses for the present and for the future” [45 CFR 1321.53(10)].

**General Membership Characteristics:**

Total Board positions (including vacancies)	10
Number of Board members age 60+	2
Number of Board members age 60+ residing in a rural area	0
Number of minority members	1

**Presiding Officer:** Katherine D. Hanley, Chairperson, Fairfax County Board of Supervisors

Mailing Address: 12000 Government Center Parkway, Suite 530, Fairfax, VA 22035 (takes correspondence by mail, phone or fax)

Telephone: (703) 324-2321

E-mail address: Chairman@fairfaxcounty.gov

Term Expires: January 2, 2000-December 31, 2003

**Process used to appoint members:** The governing board for the FAAA is the Fairfax County Board of Supervisors. They are voted into office by the general public. Ms. Hanley, Chairperson, will not be running for re-election in November, 2003.

**Dates of governing board meetings for FY 2004:** The Board of Supervisors meets on the first and third Mondays of each month except when there is a holiday or they are on break.

**ADVISORY COUNCIL:** The Area Agency on Aging has a council which is advisory, furthering the Area Agency's mission of developing and coordinating community-based systems of services for all older persons in the Planning and Service Area (45 CFR 1321.57). IN PSA8C: The Fairfax County Board of Supervisors established a council in 1973 (**Fairfax Area Commission on Aging, COA**) which became advisory to the AAA upon its inception in 1976.

<b>General Membership Characteristics on July 1, 2004:</b>	<b>Total Number</b>
Total number Council members (including vacancies)	12
Members age 60+	6
Members residing in rural or geographically isolated areas	0
Representatives of older persons	12
Representatives of health care providers	1
Representatives of supportive services providers	4
Persons with leadership experience	12
Local elected officials	0
General Public	12

**Presiding Officer: Elly Doyle, Chair**

Mailing Address: 1090 Rocky Run Road  
McLean, VA 22102-1109

Telephone: (703) 709-7609

E-mail address: ellydoyle1@cox.net

COA new website:

<http://www.fairfaxcounty.gov/service/aaa/COA.htm>

Term of Office: August 31, 2004

**Process used to appoint members of the Advisory Council:** COA representatives are approved by the Fairfax County Board of Supervisors and the City Councils of the Cities of Fairfax and Falls Church.

**Dates of advisory council meetings for FY 2004:** The COA meets the third Wednesday of each month except the month of August.

**ADVISORY COUNCIL MEMBERSHIP**

<b>Member</b>	<b>County or City of Residence</b>
1 Fran McWhorter	At-large, Fairfax County
2 Terri Gaffney	Braddock District, Fairfax County
3 Elly Doyle, Chair	Dranesville District, Fairfax County
4 Anita Kapper	City of Fairfax
5 Jerry Ziskind	City of Falls Church
6 Robert A. Gehring	Hunter Mill District, Fairfax County
7 Fred S. Hoffman	Lee District, Fairfax County
8 Richard Risk	Mason District, Fairfax County
9 George T. Myers	Mount Vernon District, Fairfax County
10 Bridget M. Jennison	Providence District, Fairfax County
11 Sally S. Hottle	Springfield District, Fairfax County
12 Marilyn Cantrell	Sully District, Fairfax County

(NOTE: Add rows as needed.)

**INSERT ORGANIZATIONAL CHART BELOW**

The chart illustrates the organizational structure of the Area Agency on Aging, including the functional units and their supervisory/reporting relationships. The chart illustrates the location of the Area Agency within a multipurpose organization, if applicable.

**If no changes have been made to the organizational chart filed with the Area Plan for FY 2004 to FY 2007, check here. \_\_\_\_\_**

See separate 8.5 x 14 size chart, **“Staff Funded Under VDA Area Plan 2004 Organizational Chart PSA8C, Fairfax AAA”**.

## STAFFING

The Area Agency on Aging is responsible for providing for adequate and qualified staff to perform the activities under the Area Plan for Aging Services (45 CFR 1321.55). The following list does not include the staff of contractors and grantees of the Area Agency on Aging.

WORKING JOB TITLE	NUMBER OF STAFF HOLDING THIS TITLE
Administrative Assistant II	2
Management Analyst I	1
Management Analyst III	1
Human Services Worker I	4
Human Services Worker III	5
Human Services Worker IV	2
Director, Long Term Care Ombudsman	1
Long Term Care Ombudsman Assistant	4
Social Work Supervisor	1
Social Worker III	2
Social Worker II	5
Public Health Nurse II	2
Mental Health Therapist II	1
Volunteer Coordinator II	3
Volunteer Services Program Manager	1
<b>Total Staff</b> (some are job-share)	<b>35</b> (28.5 FTE's)

## PART II: TITLE III OBJECTIVES AND STRATEGIES

### A. DEMOGRAPHIC PROFILE OF THE PLANNING AND SERVICE AREA

#### 2000 CENSUS PROFILE FOR THE PLANNING AND SERVICE AREA

Persons age 60 or older who are:	Total Number in 2000
Residents of the Planning and Service Area (PSA)	116,689 *
Female	63,796 **
Native American	158 *
Non-white	19,559 *
Hispanic	5,142 *
With income below poverty	3,079 *
Minority with income below poverty level	969 *
Residents of rural jurisdictions in the PSA	0 *

\*VDA Demographic Information for Area Plans, April 28, 2003

\*\*VDA Demographic Information for Area Plans, May 15, 2002

### B. OTHER SIGNIFICANT TRENDS

Describe any relevant demographic data or trends in the Planning and Service Area that have implications for this Area Plan. For example, are there significant changes in the racial or ethnic groups, the poverty rate, or urbanization of formerly rural areas?

**Changes in ethnic distribution and language barriers:** In 1990, nearly a quarter of the Area's population were minorities; by 2001, more than a third of the Area were minority. (US Census Bureau, 2001 Decennial Suppl). In 2000, 11% age 65+ spoke no English or did not speak English well. Another 10% spoke English well, but may not be proficient in reading English. ( FCCAS, 2000).

**Elderly Poor in "wealthy" Fairfax:** There are 38% more elderly who are at or below the national poverty level than the general population in the Fairfax area. There are 32% more elderly than the general population who are at or below the threshold of 200% above the federal poverty level (FCCAS, 2000).

**Elderly are the Fastest Growing segment of the Population:** During this decade, the total population will increase by 15% but those age 65+ will grow by 73%, almost FIVE times faster. For age 75-84, the numbers nearly doubled between 1990 - 2000 and those age 85+ increased by 84% (U.S. Census).

**Diversity in Formal Education and Computer use:** 1 out of 4 age 65+ have post graduate degrees, but almost 1 in 5 did not finish high school. A myth-breaking 6 out of every 10 seniors are connected to the Internet.

**Caregiving trends.** Females remain steady in the workforce at 73%. Of those who moved a senior or person with a disability into the area, 44% had their loved one living with them in their home, 10.6% live independently, and 33% live in a senior residence or nursing home (FCCAS, 2000). The volume of information and assistance requested by Caregivers of elderly persons is increasing rapidly.



### C. TARGETING OBJECTIVES

The Older Americans Act recognizes the greater needs of some older persons. The Area Agency on Aging will target those with the greatest economic or social need, with particular attention to members of racial and ethnic minority groups and to older individuals residing in rural areas.

	White 60+	Black 60+	Native Amer- ican 60+	Asian/ Pacific Islander 60+	Hispanic 60+	**Low- Income Minority 60+	**Low- Income 60+
Statistical Profile from 2000 Census:	83.2%	4.2%	.1%	9.8%	4.4%	.8%below pov (VDA); 3.4%@ 200% pov(est. fr. FCCNA)	2.6% below pov(VDA); 10.7%@ 200% pov. (est. from FCCNA)
Title III-B actual # served FY 02	4,926	249	6	580	261	37	644
Projected # served FY 04	2,380	120	3	280	126	18	311
Title III-C(1) actual # served FY 02	2,089	105	3	246	110	16	273
Projected # served for FY 04	2,147	108	3	253	114	16	281
Title III-C(2) actual # served FY 02	1,035	52	1	122	55	8	135
Projected # served for FY 04	968	49	1	114	51	7	127
*Title III-D actual # served FY 02	3	1	Other: Afgh, Pak: 11	11	5	1	1
Projected # served for FY 04	416	21	0	49	22	3	54
Title III-E actual # served FY 02	4,817	243	6	567	255	36	360
Projected # served for FY 04	1,464	74	17	172	77	12	193

\* III-D was reported via allowable VDA Service Standard definitions in groups only (groups and group hours); not individuals served. These # above reflect individuals in those groups to reflect targeting objectives. Groups are neither "white, black, asian, low-income" etc. as a whole. There is a low number of low-income, because this special outreach assessment of minority needs included intensive, translated interviews of community "leaders," few of whom were low-income.

\*\* Used 200% poverty estimate for 8c, to reflect "low-income" based on the cost of living and services in Fairfax Area. VDA's poverty figure %'s are also noted for statistical purposes or reconfiguration.

### D. SERVICES TO BE PROVIDED

**Shaded areas are for Title III E National Family Caregiver Support Programs**

<b>SERVICE</b>	<b>X if provided</b>	<b>X if OAA funded</b>	<b>X if changed from FY 2003</b>
Adult Day Care			
<b>Care Coordination</b>	<b>X</b>		
<b>Checking</b>	<b>X</b>	<b>X (III-B)</b>	
Chore			
<b>Congregate Nutrition</b>	<b>X</b>	<b>X (III-C-1)</b>	
<b>Disease Prevention/Health Promotion</b>	<b>X</b>	<b>X (III-D)</b>	
Emergency Service			
Title III Employment Service			
Health Education/ Health Screening			
<b>Home Delivered Nutrition</b>	<b>X</b>	<b>X (III-C-2)</b>	
Home Delivered Fee For Service			
Home Health			
<b>Homemaker</b>	<b>X</b>		
<b>Information &amp; Assistance</b>	<b>X</b>	<b>X (III-B)</b>	
Identification/Discount			
<b>Legal Assistance</b>	<b>X</b>	<b>X (III-B)</b>	
Long-Term Care Coordinating Activity			
Medication Management			
Money Management			
Personal Care			
<b>Preparation and Administration</b>	<b>X</b>	<b>X (III-B)</b>	
<b>Public Information &amp; Education</b>			
Residential Repair and Renovation			
Socialization & Recreation			
<b>Title III E – Counseling</b>			
<b>Individual Counseling</b>			
Support Groups	<b>X</b>	<b>X</b>	
Caregiver Training			
Public Information	<b>X</b>	<b>X</b>	
Outreach			
<b>Title III E – Respite Services</b>			
Adult Day Care	<b>X</b>	<b>X</b>	
Homemaker			
Personal Care			
Institutional Respite			
Direct Payments			
Other			
<b>Title III E – Defined Supplemental Services</b>			
Chore			
Congregate Meals			

Home Delivered Meals			
Direct Payments			
Other Supplemental Services (Emergency Services)	X	X	
<b>Title III E – Access Assistance</b>			
Information and Assistance			
Case Management			
Transportation			
<b>Assisted Transportation</b>	X	X	
<b>Title III E – Administration</b>			
Preparation and Admin			
Transportation	X		
<b>Volunteer Program</b>	X	X (III-B)	

## PART III: TITLE III SERVICES

### GROUP 1: IN-HOME SERVICES

<b>Service: Adult Day Care</b>				
<b>A. Service Implementation:</b> Services for this program are provided under Title III-E funding; see separate section				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Unit Type	# Units

<b>Service: Checking</b>				
<b>A. Service Implementation:</b> "Friendship Senior" and "Telephone Reassurance" volunteer visitors are recruited and trained by PSA8C Area Agency on Aging staff. The Friendship Senior volunteer coordinator evaluates the matches on a quarterly basis. Visits are made once per week for at least an hour. Telephone callers make one social call each week for the Telephone Reassurance Program.				
<b>B. Description of target population:</b> Socially isolated adults 60 years and older who would benefit from face to face or telephone contact from a volunteer visitor.				
<b>C. Service Provider(s):</b> Volunteers recruited, screened and trained by PSA8C staff.		<b>D. Jurisdiction(s) Served:</b> Fairfax County, City of Fairfax, and City of Falls Church		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Unit Type	Units
	Title III-B	35,449	<b>Persons Served</b>	<b>70</b>
	Other non-Fed	27,440	<b>Contacts</b>	<b>2,883</b>
	Title III Match	790		
	Total	63,679		

<b>Service: Chore</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Home Health</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

## Service: Homemaker

**A. Service Implementation:** PSA8C offers this service in a program known as the "Share Care Program". This service is offered at 10 senior residences in Fairfax County. Residents are referred to the program by the Fairfax Area Agency on Aging/Fairfax Department of Family Services staff, themselves, family members or housing site staff. Provision of this services allows the participants to age in place, delaying or avoiding more costly institutionalization.

**B. Description of target population:** Seniors living in selected congregate residences who need minimal assistance in Activities of Daily Living and/or Instrumental Activities of Daily Living per the Universal Assessment Instrument (UAI), and who meet the income eligibility criteria.

**C. Service Provider(s):**

Through Fairfax Department of Family Services contract with screened individuals who provide the services and home care agencies selected through the County RFP/contract process.

**D. Jurisdiction(s) Served:**

Fairfax County, City of Fairfax and City of Falls Church

**E. Non Older Americans Act Service Efforts**

Population To Be Served	Funding Source	\$ Amount	Service Unit Type	# Units
	Fees	2,117	Persons Served	140
	Community Based Services	226,931	Hours	9,312
	Total	229,048		

<b>Service: Personal Care</b>				
<b>A. Service Implementation: PSA8C does not provide this service.</b>				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Residential Repair &amp; Renovation</b>				
<b>A. Service Implementation: PSA8C does not provide this service.</b>				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

## GROUP 2: ACCESS SERVICES

<b>Service: Care Coordination</b>				
<b>A. Service Implementation:</b> PSA8C provides Care Management, separate section.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Information &amp; Assistance</b>				
<b>A. Service Implementation:</b> PSA8C staff are available in person, on the phone, and by TTY weekdays during regular business hours to answer questions, assess needs and provide information, referral and assistance in order to link clients to services available through the Area Agency on Aging and other providers in the community. Staff also respond to e-mail inquiries made 24/7 through the Fairfax Area Agency on Aging's webpage.				
<b>B. Description of target population:</b> Elderly persons, their local and long distance family members and caregivers, service providers, and other concerned citizens.				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
		Fairfax County, City of Fairfax, and City of Falls Church		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$Amount	Service Unit Type	Units
	Title III-B	162,071	Persons Served	2,500
	Other non-Fed	37,347	Contacts	2,700
	Title III Match	4,558		
	Total	203,976		



**Service: Transportation**

**A. Service Implementation: FASTRAN:** Transportation is provided to seniors age sixty or older who have no other means of transportation to the congregate meal sites. Transportation is provided on 24-passenger buses. No rider is on the bus for more than 0.5 hours each way.

**B. Description of target population:** Low income, isolated, minority seniors age 60 and older who have no other means of transportation to the congregate meal sites. This program targets clients at **the Groveton, Gum Springs, and Bailey's Crossroads Senior Centers.**

**C. Service Provider(s):**  
Fairfax County Department of  
Community and Recreation Services  
(Memorandum of Agreement with Fairfax  
Area Agency on Aging/Department of  
Family Services)

**D. Jurisdiction(s) Served:**  
Fairfax County, City of Fairfax and  
City of Falls Church

**E. Non Older Americans Act Service Efforts**

Population To Be Served	Funding Source	\$ Amount	Service Unit Type	# Units
	General Fund	62,717	Persons Served	139
	Total	62,717	1-way trips	6,137

## GROUP 3: LEGAL ASSISTANCE

<b>Service: Legal Assistance</b>				
<b>A. Service Implementation:</b> "Legal Services for the Elderly" are secured by a contract with Legal Services of Northern Virginia, Inc. for low income senior citizens.				
<b>B. Description of target population:</b> Seniors age 60 and older, to include frail and disabled, in need of legal services regarding guardianship, living wills, eviction prevention, alternate housing, Social Security and Medicaid benefits, and education on legal issues pertinent to senior citizens.				
<b>C. Service Provider(s):</b> Legal Services of Northern Virginia, Inc through contract with the Fairfax Area Agency on Aging/Department of Family Services.		<b>D. Jurisdiction(s) Served:</b> Fairfax County, City of Fairfax, and City of Falls Church		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Unit Type	# Units
	Title III-B, OAA	40,253		
	Other non-Fed	4,955	<b>Persons</b>	<b>156</b>
	Title III Match General Fund	1,400	<b>Cases</b>	<b>156</b>
			<b>Hours</b>	<b>900</b>
	Total	46,608		

## GROUP 4: CLIENT SERVICES

### Service: Emergency

**A. Service Implementation:** PSA8C will provide this service under Title III-E funds, National Family Caregiver Support Program; see section pp 37-46.

**B. Description of target population:**

**C. Service Provider(s):**

**D. Jurisdiction(s) Served:**

### E. Non Older Americans Act Service Efforts

Population To Be Served	Funding Source	\$ Amount	Service Unit Type	# Units

### Service: Title III Employment

**A. Service Implementation:** This service is not provided by PSA8C through this funding stream.

**B. Description of target population:**

**C. Service Provider(s):**

**D. Jurisdiction(s) Served:**

### E. Non Older Americans Act Service Efforts

Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Health Education &amp; Screening</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Identification Discount</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: LTC Coordinating Activity</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Money Management</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

**Service: Preparation and Administration**

**A. Service Implementation:** The Fairfax Area Agency on Aging uses Prep and Admin funds to provide support services and general operating requirements to Agency program managers, staff and volunteers. Support staff responsibilities include reception, secretarial duties, answering telephones and e-mail inquiries, relaying messages to program staff, database(s) management, mailouts of brochures and pamphlets, ordering goods and supplies, and responding to managerial requests. Operating requirements include telephone, postage and copier costs, general office supplies, subscriptions, resource materials, memberships and mileage reimbursement.

**B. Description of target population:** PSA8C staff serve individuals sixty years of age and older, targeting low-income, minority, frail, and socially and economically isolated seniors in particular through a wide variety of programs and services.

**C. Service Provider(s):**  
Fairfax Area Agency on Aging (PSA8C)

**D. Jurisdiction(s) Served:**  
County of Fairfax, City of Fairfax, and  
City of Falls Church

**E. Non Older Americans Act Service Efforts**

Population To Be Served	Funding Source	\$ Amount	Service Units	# Units
	OAA-Title III-B	75,001	Service units are not applicable	
	Other non-Fed	60,855		
	Title III-Match	1,688		
	General Fund			
	Total	137,544		

Service: Public Information Education				
A. Service Implementation: This services is provided under Title III-E funding, separate section.				
B. Description of target population:				
C. Service Provider(s):		D. Jurisdiction(s) Served:		
E. Non Older Americans Act Service Efforts				
Population To Be Served	Funding Source	\$ Amount	Service units type	# of units

Service: Socialization & Recreation/Senior Centers				
A. Service Implementation: PSA8C does not provide this service.				
B. Description of target population:				
C. Service Provider(s):		D. Jurisdiction(s) Served:		
E. Non Older Americans Act Service Efforts				
Population To Be Served	Funding Source	Amount	Unit Type	Units

## Service: Volunteer Programs

**A. Service Implementation:** **Pets on Wheels:** Trained volunteers and their pets visit area nursing homes and the gero-psych hospital ward to provide companionship and affection. **Volunteer Guardianship:** provides guardians for APS client. **In-Home Services for Seniors:** Provides services such as grocery shopping, light housekeeping, minor home maintenance, yard work, and transportation for errands which enable clients to maintain independence while living in their own homes. **Seniors in Action (SIA):** responds to community groups (e.g. March of Dimes, the Reading Connection, MADD) who request assistance with special projects. **Telephone Reassurance:** A program which matches volunteers with a senior age 60+ for a once-a-week social telephone call. **Friendship Senior:** volunteers regularly visit socially isolated seniors age 60+ to provide companionship and emotional support. Volunteers also assist in tracking client needs.

**B. Description of target population:** Older adults living in their own homes; older adults who want to volunteer in the community.

**C. Service Provider(s):**

1 full-time and 3 part-time Area Agency on Aging staff

Screened volunteers

**D. Jurisdiction(s) Served:**

Fairfax County, City of Fairfax and City of Falls Church

**E. Non Older Americans Act Service Efforts**

Population To Be Served	Funding Source	\$ Amount	Service Units	# Units
	Title III-B, OAA	85,814		
	Other non-fed	21,404		
	General Fund Match	3,580		
	Total	110,798	<b>Persons</b>	<b>135</b>
			<b>Hours</b>	<b>6,000</b>



## **PRIORITY SERVICES SPENDING: FY 2002-2004**

The Area Agency on Aging must spend at least (1) 15% of its federal Title III-B allotment for access services, (2) 5% of its federal Title III-B allotment for in-home services, and (3) 1% of its federal Title III-B allotment for legal assistance for older persons (VR 110-01-02).

### **A. The audited amount and percent of federal Title III-B funds expended for each category of service during FY 2002:**

Category of Service	Amount of Title III-B Expended in FY 2002	Percent of Title III-B Expended in FY 2002
Access Services	\$ <u>114,445</u>	<u>28.55</u> %
In-Home Services	\$ <u>35,449</u>	<u>8.84</u> %
Legal Assistance	\$ <u>60,253</u>	<u>15.03</u> %

### **B. The estimated amount and percent of federal Title III-B funds to be expended for each category of service during FY 2003:**

Category of Service	Amount of Title III-B Expended in FY 2003	Percent of Title III-B Expended in FY 2003
Access Services	\$ <u>170,816</u>	<u>39.72</u> %
In-Home Services	\$ <u>35,449</u>	<u>8.24</u> %
Legal Assistance	\$ <u>40,253</u>	<u>9.36</u> %

### **C. The proposed amount and percent to be expended for each category of service during FY 2004:**

Category of Service	Amount of Title III-B To Be Expended in FY 2004	Percent of Title III-B To Be Expended in FY 2004
Access Services	\$ <u>162,071</u>	<u>40.66</u> %
In-Home Services	\$ <u>35,449</u>	<u>8.89</u> %
Legal Assistance	\$ <u>40,253</u>	<u>10.10</u> %

## GROUP 5: NUTRITION SERVICES AND DELIVERY

### Service: Congregate Meals

**A. Service Implementation:** A Memorandum of Agreement (MOA) is signed with each of the five (5) meal providers and the Fairfax Area Agency on Aging. The MOA describes the responsibilities of each party and includes the Congregate Meals Program (CMP) requirements in accordance with the VDA regulations. The Congregate Meals Program provides one meal a day, five days a week, that meet one third (1/3) of the Recommended Daily Allowance (RDA) for older persons. The congregate nutrition sites provide a climate/atmosphere for socialization/recreation and opportunities to alleviate isolation. All participants complete a Uniform Assessment Instrument (UAI) and a nutrition screening form entitled "Determine Your Nutritional Health". A recertification review is conducted at a minimum of every twelve (12) months to ensure participants continued entitlement to congregate meals. Within the Congregate Meals Program, participants are provided a nutrition education program at least on a quarterly basis, a regular health promotion program and an exercise program at least on a weekly basis. Additionally, community services coordination is an integral part of the Congregate Meals Program, providing information about or linkage to health screening, counseling, consumer education, senior employment, etc.

**B. Description of target population:** For entitlement to the Congregate Meals Program, the enrolled participants must meet one of the following criteria: (1) persons age 60 and/or older who are mobile and not homebound, (2) spouses of eligible persons regardless of age, or (3) persons with disabilities (any age) who reside in a housing facility at which congregate meals are provided.

**C. Service Provider(s):**  
Fairfax County Departments of:  
    (1) Community and Recreation  
        Services  
    (2) Health  
    (3) Housing and Community Development

**D. Jurisdiction(s) Served:**  
County of Fairfax, City of Fairfax, and  
City of Falls Church

Alzheimer's Family Day Center

County of Fairfax

The Central Senior Center at Korean  
Central Presbyterian Church

County of Fairfax

### E. Non Older Americans Act Service Efforts

Population To Be Served	Funding Source	\$Amount	Service Unit Type	Units
	Title III-C-1	181,420	<b>Persons served</b>	<b>2,581</b>
	USDA	110,471		
	CPI	164,740	<b>Meals</b>	<b>182,969</b>
	Other non-fed Title III Match	958,109 21,747		
	Total	1,436,487		

## Service: Home Delivered Meals

**A. Service Implementation:** A Memorandum of Agreement (MOA) is signed with each of fourteen (14) Meals on Wheels delivery groups and the Fairfax Area Agency on Aging. The MOA describes the responsibilities of each party and includes the Home Delivered Meals (HDM) Program requirements in accordance with Virginia Department for the Aging (VDA) and federal Older American's Act (OAA) regulations. Home-Based Care staff visit clients in need of financial assistance and a recertification review is conducted a minimum of every 12 months. Clients are also given information about other community resources on an as-needed basis. Meals are purchased by the Fairfax Area Agency on Aging through five (5) county contracts.

**B. Description of target population:** The Home Delivered Meals Program provides regular meals and liquid supplement meals, and, in general, targets homebound elderly individuals for the services who are 60 years of age or older. Low income or low income minority individuals are given a higher priority for service. Waiting list clients are also prioritized on the basis of income and minority status. Disabled individuals living with a relative 60 years of age or older who are receiving meals may also be eligible for Home Delivered Meals.

**C. Service Provider(s): (Food Contractors)**

Fairfax Department of Housing and Community Development

INOVA Health System

Hermitage in Northern Virginia

Fairfax County Public Schools

Korean Central Presbyterian Church

Commonwealth of Virginia Purchasing and Supply (for Liquid Diet Supply)

**D. Jurisdiction(s) Served:**

County of Fairfax, City of Fairfax, and City of Falls Church

**E. Non Older Americans Act Service Efforts**

Population To Be Served	Funding Source	\$ Amount	Service Unit Type	# Units
	Title III-C2	224,511		
	USDA	154,829		
	CPI	169,209		
	Other Non-Fed	193,289		
	HDM, General Fund	123,858		
	Total	865,696	<b>Persons Served</b>	<b>1,163</b>
			<b>Meals</b>	<b>275,579</b>

<b>Service: Home Delivered Meals – Fee For Service</b>				
<b>A. Service Implementation: PSA8C does not provide this service.</b>				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

## DELIVERY SITES FOR GROUP SERVICES

List the location of group services administered by the Area Agency on Aging directly or through contract or grant. The sites include, but are not limited to, the central office and any satellite offices of the Area Agency on Aging, senior centers, nutrition sites, and adult day care centers. **Make sure total number of sites match those listed under Services Provided.**

\* Site Type Codes:

- 1 = Area Agency on Aging
- 2 = senior center
- 3 = nutrition site
- 4 = adult day care center
- 5 = community or recreation center
- 6 = other

Site Name, Address, and Telephone Number	Services Provided at Delivery Site	Days & Hours Open	Focal Point (X)	Type of Site*
<b>Alzheimer's Family Day Center</b> 2036 Westmoreland St. Falls Church, VA 22043 (703) 532-8899	FASTRAN, Congregate Meals, ADHC, other County services	M-F 7:30-5:30	X	4,3
<b>Annandale Adult Day Health Center</b> 7200 Columbia Pike Annandale, VA 22003 (703) 750-3315 Sr. Center (703) 750-3316 ADHC	FASTRAN, Congregate Meals, ADHC, other County Services	M-F 7-5:30	X	4, 3
<b>Bailey's Senior Center</b> 5920 Summer's Lane Falls Church, VA 22041 (703) 250-5020	FASTRAN, Congregate Meals, other County Services	M-F 9-4	X	2,3,5
<u>Devonshire Senior Center</u> (closed 6-13-03 due to budget cuts). Seniors will now transfer to Bailey's by Fastran. In April, 2004 will reopen as part of James Lee Community Ctr, 2855-A Annandale Rd. Falls Church, VA 22041 (703) 534-2240	FASTRAN			
<b>Fairfax Community Center/ David R. Pinn Senior Center</b> 10225 Zion Dr. Fairfax, VA 22046-3212 (703) 250-9181	FASTRAN, Congregate Meals, other County Services	M-F 9-2	X	3, 5

<b>Falls Church Senior Center</b> 223 Little Falls St. Falls Church, VA 22046 (703) 248-5020	FASTRAN, Congregate Meals, other County Services	M-F 9-3	X	3, 5
<b>Groveton Senior Center At South County</b> 8350 Richmond Hwy Alexandria, VA 22309 (703) 704-6216	FASTRAN, Congregate Meals, other County Services	M-F 9-4	X	2, 3
<b>Gum Springs Community Ctr</b> 8100 Fordson Rd Alexandria, VA 22306-3128 (703) 360-6088	FASTRAN, Congregate Meals, other County Services	M-F 10-4	X	2,3,5
<b>Herndon Harbour House</b> 912 Jorss Place Herndon, VA 20170 (703) 904-9444 Sr. Center (703) 435-8729 ADHC	FASTRAN, ADHC; Sr. Center opening 2004 after 2003 construction	<b>ADHC: M-F 7-5:30</b>	X	3,4,5
<b>Hollin Hall Senior Center</b> 1500 Shenandoah Rd Alexandria, VA 22308 (703) 765-4573	FASTRAN, Congregate Meals, other County Services	M-F 9-4	X	3,4,6
<b>Huntington Community Center</b> 2208 ½ Farrington Ave Alexandria, VA 22308-1513 (703) 960-1917	FASTRAN, Congregate Meals, other County Services	M-W-F 10-2	X	2,3,5
<b>Jewish Community Center</b> 8900 Little River Turnpike Fairfax, VA 22031 (703) 323-0880	FASTRAN only; Thurdays; may come to JCC's regular hours also if a member	Sr. Clubs M, Th 10-2;	X	3, 5
<b>Korean Central Presybyterian Church</b> 8526 Amanda Place Vienna, VA 22180 (703) 698-5577	FASTRAN, Congregate Meals	T, F 10-2 Sept-Dec; Mar-June	X	5, 3
<b>Lewinsville Senior Center Lewinsville Center Residences</b> 1609 Great Falls St. McLean, VA 22101 (703) 442-9621 Sr. Residences (703) 442-9075 Sr. Center (703) 734-1718 ADHC	FASTRAN, ADHC, Congregate Meals, other County Services	<b>Sr. Ctr: M-F 9-4</b>  <b>ADHC: M-F 7am-5:30pm</b>	X	3,4,6

<b>Lincolnia Senior Center</b> <b>Lincolnia Senior Residence</b> 4710 Chambliss St. Alexandria, VA 22312 (703) 914-0551 Sr. Residences (703) 914-0223 Sr. Center (703) 914-0226 ADHC	FASTRAN, ADHC, Congregate Meals, other County Services	<b>Sr. Ctr:</b> M-F 9-4  <b>ADHC:</b> M-F 7am-5:30pm	X	2,3,4,6
<b>Little River Glen Senior Center</b> <b>Little River Glen Senior Residences</b> 4001 Barker Ct. Fairfax, VA 22032 (703) 503-8703 main office	FASTRAN, Congregate Meals, other County Services	M-F 9-4	X	2,3,4,6
<b>Lorton Senior Center</b> 7722 Gunston Plaza Lorton, VA 22079 (703) 550-7195	FASTRAN, Congregate Meals, other County Services	M-F 9-4	X	2,3
<b>Mount Vernon Adult Day Health</b> 8350 Richmond Hwy, Ste 137 Alexandria, VA 22309 (703) 704-6050	FASTRAN, ADHC, Congregate Meals, other County Services	M-F 7am-5:30pm	X	2,3,4
<b>Pimmitt Hills Senior Center</b> 7510 Lisle Ave Falls Church, VA 22043 (703) 734-3338	FASTRAN, Congregate Meals, other County services	M-F 9-4	X	2,3
<b>Reston/Herndon Senior Center</b> 1850 Cameron Glen Dr Reston, VA 20191 (703) 481-4200	FASTRAN, Congregate Meals, other County services	M-F 10-2	X	2,3
<b>Springfield Senior Center</b> 6200 Charles C. Goff Dr. Springfield, VA 22150 (703) 971-5248	FASTRAN, Congregate Meals, other County services	M-F 8-3	X	2,3
<b>Sully Senior Center</b> 5590 Sully Rd Centreville, VA 20120 (703) 322-4479	FASTRAN, Congregate Meals, other County Services	M-F 9-4	X	2,3
<b>Wakefield Senior Center</b> 8100 Braddock Rd Annandale, VA 22003 (703) 321-3000	FASTRAN, Congregate Meals, other County services	M-F 9-4	X	2,3,5

<b>Fairfax Area Agency on Aging</b> 12011 Government Center Parkway, Suite 708 Fairfax, VA 22035-1104 (703) 324-5411		M-F 8-4:30	X	1
<b>James Lee Senior Center</b> 2855-A Annandale Rd Falls Church, VA 22042 (703) 534-3387	New site to open January-June, 2004	Not open yet	(X)	(2,3)

\* Site Type Codes:

- 1 = Area Agency on Aging
- 2 = senior center
- 3 = nutrition site
- 4 = adult day care center
- 5 = community or recreation center
- 6 = other



## GROUP 6: DISEASE PREVENTION SERVICES

### Service: Disease Prevention

**A. Service Implementation:** Presentations of selected disease prevention and/or health promotion topics will be given to targeted groups of seniors, site staff or other interested persons.

**B. Description of target population:** Seniors age 60 and older, as well as low income or low income minority individuals.

**C. Service Provider(s):**

Local government human services staff/providers  
– from the Area Agency on Aging, Adult & Aging  
Services/Dept. of Family Services, Community  
Services Board, Disability Services, etc.

**D. Jurisdiction(s) Served:**

Fairfax County, City of Fairfax, and  
City of Falls Church

### E. Non Older Americans Act Service Efforts

Population To Be Served	Funding Source	\$ Amount	Service Units	# Units
	Title III-D, OAA	2,000	Group participants	288
			Group Presentations	34
	Total \$	2,000		

### Service: Medication Management

**A. Service Implementation:** PSA8C does not provide this service.

**B. Description of target population:**

**C. Service Provider(s):**

**D. Jurisdiction(s) Served:**

### E. Non Older Americans Act Service Efforts

Population To Be Served	Funding Source	Amount	Unit Type	Units

## GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

(Requires a Caregiver Quick Form for the client/caregiver service.)

### Part A: Counseling

<b>Service: Individual Counseling</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Unit Type	Units

<b>Service: Support Groups</b>				
<b>A. Service Implementation:</b> Support groups and training are available for family caregivers.				
<b>B. Description of target population:</b> Family caregivers needing the service.				
<b>C. Service Provider(s):</b> Staff of the Fairfax Area Agency on Aging and contract employees.		<b>D. Jurisdiction(s) Served:</b> Fairfax County, City of Fairfax, and City of Falls Church		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Service Unit Type	Units
	III-E	11,250	Group Sessions	20
	Other Non-Fed	3,750	Caregivers	100
		<b>15,000</b>		

## GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

(Requires Caregiver Quick Form for every client/caregiver)

Service: Caregiver Training				
A. Service Implementation: PSA8C does not provide this service.				
B. Description of target population:				
C. Service Provider(s):			D. Jurisdiction(s) Served:	
E. Non Older Americans Act Service Efforts				
Population To Be Served	Funding Source	Amount	Unit Type	Units

### Part B: Information Services

Service: Public Information				
<b>Service Implementation:</b> Information regarding available resources for older adults is provided to family caregivers by the “ <b>Caregivers’ Corner</b> ”, a regular feature in the <i>Golden Gazette</i> newspaper. A Caregiver’s ListServe is available as an on-line resource to all who register. Resource/health fairs, e-mail to a distribution list of caregivers and public presentations are available. The NAAA’s “ <b>Making the Link</b> ” Program will be implemented, targeting caregivers through physician’s offices. The “Link” brochures and additional materials will provide referral information for available aging services to the caregivers.				
B. Description of target population: Family caregivers in need of assistance.				
C. Service Provider(s):			D. Jurisdiction(s) Served:	
Staff of the Fairfax Area Agency on Aging			County of Fairfax, City of Fairfax, and City of Falls Church	
E. Non Older Americans Act Service Efforts				
Population To Be Served	Funding Source	\$ Amount	Service Unit Type	Units
	Title III-E	80,201	Group Participants	1,500
	Other non-fed	26,734	Group Presentations	50
			Caregivers	1,500
	Total	106,935	Publication Distributed	2,400

**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM****(Requires Caregiver Quick Form for every client/caregiver)**

<b>Service: Outreach</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

**Part C: Respite Services**

<b>Service: Adult Day Care</b>				
<b>A. Service Implementation:</b> Administer a scholarship fund to be utilized by family caregivers in need of additional respite from providing care for their family member (care recipient). The care recipient will then be able to attend the adult day care program on additional days.				
<b>B. Description of target population:</b> Family caregivers of adult day care participants. Either the family caregiver or the adult day care participant must be 60 years or older.				
<b>C. Service Provider(s):</b> Fairfax County Department of Health, (through Memorandum of Agreement with the Area Agency on Aging/Department of Family Services)		<b>D. Jurisdiction(s) Served:</b> County of Fairfax, City of Fairfax, and City of Falls Church		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Units	# Units
	Title III-E	11,250	Persons served	70
	Other non-fed	3,750	Individual hours	4,000
	Total	15,000	Caregivers	70

**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

(Requires Caregiver Quick Form for every client/caregiver)

<b>Service: Homemaker</b>				
<b>A. Service Implementation: PSA8C will not be providing this service using Title III-E funds in PY2004.</b>				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Personal Care</b>				
<b>A. Service Implementation: PSA8C does not provide this service.</b>				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**  
 (Requires Caregiver Quick Form for every client/caregiver)

<b>Service: Institutional Respite</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Direct Payments</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

(Requires Caregiver Quick Form for every client/caregiver)

<b>Service: Other</b>				
<b>A. Service Implementation:</b> N/A for PSA8C.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

**Part D: Defined Supplemental Services**

<b>Service: Chore</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

(Requires Caregiver Quick Form for every client/caregiver)

<b>Service: Congregate Meals</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service under Title III-E funding.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Home Delivered Meals</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service under Title III-E funding.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units



**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

(Requires Caregiver Quick Form for every client/caregiver)

<b>Service: Direct Payments</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service with III-E funding.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

<b>Service: Other Supplemental Services</b>				
<b>A. Service Implementation: Emergency Services:</b> Establish a gap filling fund to provide emergency services such as meals, transportation, or personal emergency needs.				
<b>B. Description of target population:</b> Family caregivers with emergency needs.				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
Vendors to be determined.		County of Fairfax, City of Fairfax, City of Falls Church		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Units	Units
	Title III-E	\$3,750	<b>Persons Served</b>	20
	Other non-fed	1,250	<b>Caregivers</b>	20
	Total \$	\$5,000		

**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

(Requires Caregiver Quick Form for every client/caregiver)

**Part E: Access Assistance****Service: Information & Assistance**

**A. Service Implementation:** PSA8C does not provide this service under Title III-E funding. PSA8C uses Title III-B funds for this service (separate section).

**B. Description of target population:**

**C. Service Provider(s):**

**D. Jurisdiction(s) Served:**

**E. Non Older Americans Act Service Efforts**

Population To Be Served	Funding Source	Amount	Unit Type	Units

**Service: Case Management**

**A. Service Implementation:** PSA8C does not provide this service with Title III-E funds.

**B. Description of target population:**

**C. Service Provider(s):**

**D. Jurisdiction(s) Served:**

**E. Non Older Americans Act Service Efforts**

Population To Be Served	Funding Source	Amount	Unit Type	Units

## GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

(Requires Caregiver Quick Form for every client/caregiver)

Service: Transportation				
<b>A. Service Implementation:</b> PSA 8C will not be providing this service under Title III-E funding.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

Service: Assisted Transportation				
<b>A. Service Implementation: Senior Express Program:</b> Assisted Transportation is provided for seniors who are ineligible for FASTRAN services and/or who are in need of assistance/accompaniment to access needed services. Area Agency on Aging staff assess the need for services and coordinate the match between client and service.				
<b>B. Description of target population:</b> Seniors who need accompaniment/assisted transportation and/or who are ineligible for FASTRAN, for whose family caregivers need relief in providing the service.				
<b>C. Service Provider(s):</b> Contractors selected through Fairfax County's purchasing procedures, independent contractors.		<b>D. Jurisdiction(s) Served:</b> County of Fairfax, City of Fairfax, and City of Falls Church		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Units	# Units
	Title III-E	18,750	<b>Persons served</b>	70
	Fees	3,000	<b>Caregivers</b>	70
	Other non-fed	6,250	<b>1-way trips</b>	1,200
	Total	28,000		

**GROUP 7: TITLE III E - NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM**

**(Requires the Caregiver Quick Form for client/caregiver services.)**

**Part F: Administration**

<b>Service: Preparation and Administration</b>				
<b>A. Service Implementation:</b> PSA8C does not provide this service under Title III-E funds. PSA8C uses Title III-B funds for this service (separate section).				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units

\*Caregiver Quick Forms/count will be kept in folders until the VDA/data software is set up to take this data into a database for reporting.

## PART IV: TITLE VII OBJECTIVES AND STRATEGIES

### OMBUDSMAN PROGRAM OBJECTIVES: FY 2004

The goal of the Local Long-Term Care Ombudsman Program is to improve the quality of care provided to recipients of long-term care services. To make progress toward this goal, the Area Agency on Aging will achieve the objectives listed below. The categories into which the objectives may fall include, but are not limited to:

- program coverage throughout the service area,
- community education and awareness,
- development of groups of caregivers and other concerned citizens, and
- coordination with community groups and organizations providing services to long-term care recipients.

OBJECTIVE	PROJECTED COMPLETION DATE
1. To increase the number of volunteers so that all of the larger facilities have at least one volunteer ombudsman and the largest have two.	FY 2004
2. To increase focus on legislative issues concerning long-term care and mobilize volunteers to advocate for legislation that will improve the quality of life for long-term care recipients.	FY 2004
3. To continue to give presentations to facility staff, the community and civic organizations regarding the Ombudsman Program, residents' rights, and how to select a long term-care provider.	FY 2004
4. To continue to coordinate services and information exchange with organizations such as the Arlington Long-Term Care Response Group, the Northern Virginia Aging Network, and the Emergency Medical Service Teams in the five jurisdictions covered.	FY2004
5. To (a) enhance awareness and competence of multicultural issues of residents in long term care facilities, (b) recruit volunteers of culturally diverse backgrounds to assist in meeting the needs of residents, and (c) inform long term care facilities of existing resources to improve communication between staff and residents thereby improving quality of care for residents of diverse cultural backgrounds.	FY2004

## GROUP 8: Elder Rights

Service: Elder Abuse Prevention				
<b>A. Service Implementation:</b> Provision of oversight, advocacy, prevention and education services to older individuals and their families who are at risk of abuse, neglect or exploitation, as defined in section 302 of the Older Americans Act. Such services must be coordinated with the local department of social services which, under State law, is charged with the provision of adult protective services to persons who, because of advanced age, impaired health, or physical disability, are unable to care for themselves or their affairs and who are abused, neglected, or exploited. Also, continue to educate the public regarding elder abuse through cooperative efforts with the Fairfax County Adult Protective Services and several other community agencies.				
<b>B. Description of target population:</b> Frail, elderly persons living in long-term care facilities and recipients of community based long-term care and recipients of home care services.				
<b>C. Service Provider(s):</b> Northern Virginia Long-Term Care Ombudsman Program		<b>D. Jurisdiction(s) Served:</b> Arlington, Fairfax, Loudoun, Prince William Counties; Cities of Fairfax, Alexandria, Falls Church, Manassas Park, and Manassas.		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Unit Types	# Service Units
	Titel VII-Elder Abuse	5,015	Contacts	270
			Persons Served	27
	Total	5,015		

<b>Service: Local Long-Term Care Ombudsman Program</b>				
<b>A. Service Implementation:</b> Provide complaint and information counseling to consumers regarding long-term care. Investigate and resolve complaints made by or on behalf of the residents of long-term care facilities and the recipients of community based long-term care services. Three full-time office staff and 50 volunteers who are assigned to long-term care facilities provide the services. Each volunteer provides a minimum of four hours per week in the facility to which they are assigned.				
<b>B. Description of target population:</b> Frail, older residents living in long-term care facilities, and recipients of community-based long-term care.				
<b>C. Service Provider(s):</b> Northern Virginia Long-Term Care Ombudsman Program		<b>D. Jurisdiction(s) Served:</b> Arlington, Fairfax, Loudoun, Prince William Counties; Cities of Fairfax, Alexandria, Falls Church, Manassas Park, and Manassas.		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Unit Types	# Service Units
	Title VII-Ombudsman	25,804	Units not applicable	Units not applicable
	Other non-fed	248,110		
	State General Ombudsman	33,128		
	Total \$	307,042		

## **PART V: ASSURANCES, WAIVER TO PROVIDE DIRECT SERVICES, PUBLIC INPUT TO THE AREA PLAN**

### **ASSURANCES OF COMPLIANCE**

The Area Agency on Aging makes the following assurances as required by the Older Americans Act of 1965 (OAA), as amended, and the regulations implementing Title III of the Act (45 CFR 1321):

1. The Area Agency on Aging will spend a minimum percentage of the Part B funds received to provide each of the following categories of services: (1) services associated with access to services; (2) in-home services; and (3) legal assistance. A waiver may be granted if the agency demonstrates that services being furnished for such category in the area are sufficient to meet the need for such services in such area and that it has conducted a timely public hearing upon request. [OAA, §306.(b)]
2. The Area Agency on Aging will designate, where feasible, a focal point for comprehensive service delivery in each community, giving special consideration to designating multipurpose senior centers as such focal points, and will specify in grants, contracts, and agreements implementing the Area Plan the identity of each focal point so designated.
3. The Area Agency on Aging will establish and maintain information and assistance services sufficient to assure that all older persons within the Planning and Service Area covered by the Area Plan will have reasonably convenient access to such services, with particular emphasis on linking services available to isolated older persons and older persons with Alzheimer's disease or related disorders with neurological and organic brain dysfunction (and the caretakers of persons with such disease or disorders).
4. The Area Agency on Aging will set specific objectives for providing services to older persons with greatest economic need and older persons with greatest social need and include specific objectives for providing services to low-income minority persons and older individuals residing in rural areas. [OAA, §306.(a)(4)(A)(i)]
5. In each agreement made with a provider of any service under Title III, the Area Agency on Aging will include a requirement that the provider will specify how the provider intends to satisfy the service needs of low-income minority persons and older individuals residing in rural areas in the area served by the provider; [OAA, §306.(a)(4)(A)(ii)(I)] to the maximum extent feasible, provide services to low-income minority persons and older individuals residing in rural areas in accordance with their need for such services; and [OAA, §306.(a)(4)(A)(i)(II)] meet specific objectives established by the Area Agency for providing services to low-income minority persons and older individuals residing in rural areas within the Planning and Service Area. [OAA, §306.(a)(4)(A)(i)(III)]



6. The Area Agency on Aging will use outreach efforts that identify the number of low income minority individuals, older individuals residing in rural areas and other persons in the planning and service area eligible for assistance under the Older Americans Act, [OAA, §306.(a)(4)(A)(iii)(I)] and will inform them of the availability of assistance. Outreach will be conducted with special emphasis on older persons residing in rural areas; older persons with greatest economic need (with particular attention to low-income minority persons and older individuals residing in rural areas); [OAA, §306.(a)(4)(B)(i)(II)]; older persons with greatest social need (with particular attention to low-income minority persons and older individuals residing in rural areas); [OAA, §306.(a)(4)(B)(i)(III)] older persons with severe disabilities with particular attention to older individuals residing in rural areas); [OAA, §306.(a)(4)(B)(V)] older persons with limited English speaking ability; and older persons with Alzheimer's disease or related disorders with neurological and organic brain dysfunction (and the caretakers of such persons).
7. The Area Agency on Aging will ensure that each activity undertaken by the agency, including planning, advocacy, and system development, will include a focus on the needs of low-income minority older persons and older individuals residing in rural areas. [OAA, §306.(a)(4)(C)]
8. The Area Agency on Aging will conduct periodic evaluations of, and public hearings on, activities carried out under the Area Plan and an annual evaluation of the effectiveness of outreach.
9. The Area Agency on Aging will furnish appropriate technical assistance and timely information in a timely manner to providers of supportive services, nutrition services, or multipurpose senior centers in the Planning and Service Area covered by the Area Plan.
10. In connection with matters of general policy arising in the development and administration of the Area Plan, the Area Agency on Aging will take into account the views of recipients of services under such Plan.
11. The Area Agency on Aging will serve as the advocate and focal point for older persons within the community by monitoring, evaluating, and commenting upon all policies, programs, hearings, levies, and community actions that will affect older persons.
12. Where possible, the Area Agency on Aging will enter into arrangements with organizations providing day care services for children or adults, assistance to older individuals caring for relatives who are children, and respite for families, so as to provide opportunities for older persons to aid or assist on a voluntary basis in the delivery of such services to children, adults, and families. [OAA, §306.(a)(6)(C)(i)]
13. Regarding the provision of services under Title III, the Area Agency on Aging, if possible, will enter into arrangements and coordinate with organizations that have a proven record of providing services to older persons, that are community action agencies or community action programs or are direct successors in interest to such agencies or programs.

14. The Area Agency on Aging will establish an advisory council consisting of older persons (including minority persons persons and older individuals residing in rural areas) who are participants or who are eligible to participate in programs assisted under the Older Americans Act, representatives of older persons, local elected officials, providers of veterans' health care (if appropriate), and the general public, to continuously advise the agency on all matters relating to the development of the Area Plan, the administration of the Plan, and operations conducted under the Plan. [OAA, §306.(a)(6)(D)]
15. The Area Agency on Aging will develop and publish methods by which priority of services is determined, particularly with respect to the delivery of services under paragraph (1) above.
16. The Area Agency on Aging will establish effective and efficient procedures for coordination of services with entities conducting programs that receive assistance under the Older Americans Act within the Planning and Service Area served by the agency and of entities conducting other Federal programs for older persons at the local level, with particular emphasis on entities within the planning and service area that are conducting programs described in section 203(b) of the Act. [OAA, §306.(a)(12)]
17. The Area Agency on Aging will conduct efforts to facilitate the coordination of community-based, long-term care services designed to keep persons in their own homes, by means including the development of case management services as a component of the long-term care services consistent with the requirements of §306.(a)(8). [OAA, §306.(a)(7)(A)]
18. The Area Agency on Aging providing case management services under this Title will:
  - (A) not duplicate case management services provided through other Federal and State programs; and
  - (B) coordinate with services described in subparagraph (A); and
  - (C) be provided by a public agency or a nonprofit private agency that
    - (i) gives each older individual seeking services under this title a list of agencies that provide similar services within the jurisdiction of the area agency on aging;
    - (ii) gives each individual described in clause (i) a statement specifying that the individual has a right to make an independent choice of service providers and documents receipt by such individual of such statement;
    - (iii) has case managers acting as agents for the individuals receiving the services and not as promoters for the agency providing such services; or
    - (iv) is located in a rural area and obtains a waiver of the requirements described in clauses (i) through (iii).
19. The Area Agency on Aging will identify the public and private nonprofit entities involved in the prevention, identification, and treatment of the abuse, neglect, and exploitation of older persons and, based on such identification, determine the extent to which the need for appropriate services for such persons is unmet.

20. The Area Agency on Aging will facilitate the involvement of long-term care providers in the coordination of community-based long-term care services and will work to ensure community awareness of and involvement in addressing the needs of residents of long-term care facilities.
21. The Area Agency on Aging will coordinate the categories of services specified in paragraph (1) above, for which the Area Agency on Aging is required to expend funds under Part B of Title III, with activities of community-based organizations established for the benefit of victims of Alzheimer's disease and the families of such victims.
22. The Area Agency on Aging will coordinate any mental health services funded under Title III-B with the mental health services provided by community health centers and by other public agencies and nonprofit private organizations.
23. If there is a significant population of older Native Americans in its Planning and Service Area, the Area Agency on Aging shall conduct outreach activities to identify such persons in the area and shall inform such persons of the availability of assistance under the Older Americans Act. Included in # 39.
24. The Area Agency on Aging will compile available information on institutions of higher education in the Planning and Service Area regarding the courses of study offered to older persons by such institutions and the policies of such institutions with respect to the enrollment of older persons with little or no payment of tuition, on a space available basis, or on another special basis.
25. The Area Agency on Aging will establish a grievance procedure for older persons who are dissatisfied with or denied services under Title III. [OAA, §306.(a)(10)]
26. The Area Agency on Aging will enter into voluntary arrangements with nonprofit entities (including public and private housing authorities and organizations) that provide housing to older persons.
27. The Area Agency on Aging will identify the needs of older persons and describe methods the Area Agency on Aging will use to coordinate planning and delivery of transportation services (including the purchase of vehicles) to assist older persons in the area, including those with special needs.
28. The Area Agency on Aging will spend any amount received under Part D of Title III in accordance with such part.
29. The Area Agency on Aging, in carrying out the State Long-Term Care Ombudsman Program, will expend not less than the total amount of funds appropriated under the Older Americans Act and expended by the agency in fiscal year 2000 in carrying out such a program. [OAA, §306.(a)(9)]

30. The Area Agency on Aging, in its discretion, will provide for an area volunteer services coordinator, who shall
  - encourage and enlist the services of local volunteer groups to provide assistance and services appropriate to the unique needs of older persons within the planning and service area;
  - encourage, organize, and promote the use of older persons as volunteers to local communities within the area; and
  - promote the recognition of the contribution made by volunteers to programs administered under the Area Plan.
31. All activities of the Area Agency on Aging, whether funded by public or private funds, will conform with the responsibilities of the Area Agency on Aging and the laws, regulations, and policies of the State.
32. The Area Agency on Aging will maintain the integrity and public purpose of services provided and service providers under Title III in all contractual and commercial relationships.
33. The Area Agency on Aging will disclose to the Assistant Secretary for Aging of the Administration on Aging and the Commissioner of the Virginia Department for the Aging the identity of each nongovernmental entity with which the agency has a contract or commercial relationship relating to providing any service to older persons and the nature of such contract or such relationship.
34. The Area Agency on Aging will demonstrate that a loss or diminution in the quantity or quality of the services provided, or to be provided, under Title III by the agency has not resulted and will not result from the contract or commercial relationship.
35. The Area Agency on Aging will demonstrate that the quantity or quality of the services to be provided under Title III by the agency will be enhanced as a result of the contract or commercial relationship.
36. At the request of the Commissioner on Aging or the State for the purpose of monitoring compliance with the Older Americans Act (including conducting an audit,) the Area Agency on Aging will disclose all sources and expenditures of funds that the agency receives or expends to provide services to older persons.
37. Funds received under Title III will not be used to pay any part of a cost (including an administrative cost) incurred by the Area Agency on Aging to carry out a contract or commercial relationship that is not carried out to implement Title III.
38. Preference in receiving services under Title III will not be given by the Area Agency on Aging to particular older persons as a result of a contract or commercial relationship that is not carried out to implement Title III.

39. The Area Agency on Aging on aging will pursue activities to increase access by older persons who are Native Americans to all aging programs and benefits provided by the agency, including programs and benefits under Title III, if applicable. provide information concerning services to older individuals who are Native Americans (referred to in this paragraph as “older Native Americans”), including:
- information concerning whether there is a significant population of older Native Americans in the planning and service area and if so, an assurance that the area agency on aging will pursue activities, including outreach, to increase access of those older Native Americans to programs and benefits provided under this title;
  - an assurance that the area agency on aging will, to the maximum extent practicable, coordinate the services the agency provides under this title with services provided under title VI; and
  - an assurance that the area agency on aging will make services under the area plan available, to the same extent as such services are available to older individuals within the planning and service area, to older Native Americans.
40. The Area Agency on Aging will not duplicate case management services provided through other Federal and State programs but will coordinate these services with services provided by a public agency or a nonprofit private agency that does not provide, and does not have a direct or indirect ownership or controlling interest in, or a direct or indirect affiliation or relationship with, an entity that provides, services other than case management services under Title III; or is located in a rural area and obtains a waiver of the requirement described above.
41. If there is a substantial number of older persons of limited English-speaking ability residing in its Planning and Service Area, the Area Agency on Aging will utilize, in the delivery of outreach services, the services of workers who are fluent in the language spoken by a predominant number of such older persons who are of limited English-speaking ability.
42. The area agency on aging will coordinate planning, identification, assessment of needs, and provision of services for older individuals with disabilities, with particular attention to individuals with severe disabilities, with agencies that develop or provide services for individuals with disabilities. [OAA, §306.(a)(5)]

## SECTION B: CARE COORDINATION FOR ELDERLY VIRGINIANS (CCEVP)

<b>Service: Care Coordination for Elderly Virginians (CCEVP)</b>				
<b>A. Service Implementation:</b> Care Coordination Services are provided to elderly persons at risk of institutionalization. Care coordination services include intake, assessment, plan of care development, implementation of the plan of care, service monitoring, follow-up and reassessment. The Uniform Assessment Instrument is the assessment tool used. Clients are assessed for sliding scale fees.				
<b>B. Description of target population:</b> The care coordination clients are 60 years of age and older, have dependencies in two or more Activities of Daily Living, and have an identified need for care coordination. The care coordination need involves the coordination of multiple services and/or there is a problem (unmet need) that must be addressed to ensure the individual's health or welfare.				
<b>C. Service Provider(s):</b> Fairfax County Dept. of Family Services staff		<b>D. Jurisdiction(s) Served:</b> Fairfax County, City of Fairfax, and City of Falls Church		
Subcontractor: Elderlink, Options for Caregiving				
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	\$ Amount	Service Unit Types	# per Service Units
	Care Coordination	237,450	Persons served	720
	Medicaid	38,000	Cases	720
	Client Fees	4,337		
	Local in-kind	313,334		
	Total \$	593,121		

## SECTION C: RESPITE

<b>Service: Respite</b>				
<b>A. Service Implementation:</b> PSA8C provides this service under the Title III-E National Family Caregiver Program funding, separate section.				
<b>B. Description of target population:</b>				
<b>C. Service Provider(s):</b>		<b>D. Jurisdiction(s) Served:</b>		
<b>E. Non Older Americans Act Service Efforts</b>				
Population To Be Served	Funding Source	Amount	Unit Type	Units